



# HELICHRYSUM

*Helichrysum italicum*

*Helichrysum essential oil is greatly cherished by users because of its valuable cleansing properties. The oil is extracted from a flower cluster found on an evergreen herb, which is part of the daisy family. Helichrysum's sweet aroma is mainly fruity, with underlying tones of honey.*

## BENEFITS

Helichrysum oil is calming and uplifting. It's known to help release emotional blocks embedded in the mind and create a sense of security. Helichrysum oil can be mixed with Peppermint, Balsam Fir, or Spruce oil to ease overused areas of the body. It also has highly valued natural anti-aging properties.

## ORIGIN / EXTRACTION PROCESS

The botanical used to create this oil was grown in Albania and it was extracted by steam distillation.

## SUGGESTED USES

- Combine Helichrysum oil with sunscreen and apply lightly over skin to further protect against sun exposure
- Place 1-2 drops of Helichrysum oil in your face lotion or cleanser and apply normally to regenerate, tone and tighten skin
- Apply 1-2 drops of Helichrysum oil on the cheek bones to ease swollen or red eyes
- Apply Helichrysum oil topically to soothe sore muscles

Aromatic 

Topical 

Internal 

Neat 

